SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 17

Looking to lose that spare tire?

Metro reporter Dave Baxter tries the CrossFit workout that has him flipping huge tires as part of its fun, but intense, strength and conditioning program

PAGE 4

PROTECTING THE FAIREST OF THEM ALL

SHIELDING YOUR SKIN FROM THE SUN NO LONGER MEANS HIDING UNDER A TACKY SARONG PAGE 22

WINNIPEG metro®

Thursday, July 5, 2012

News worth sharing.

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FROM SHY GUY TO HYPNOTIZED

PAGE 4

Tyzen Paley was a shy guy at Fort Richmond Collegiate, but now he's a hypnotist headlining his own show in Nevada.

HANDOUT

Lawyers argue for ID ban at Phoenix Sinclair inquiry

To publish or not to publish? Lawyers say identifying social workers involved would result in witch hunt

Social workers who may have failed to protect a young girl from falling through the cracks of Manitoba's child welfare system must be protected from being pilloried in the media, a union lawyer said Wednesday.

Garth Smorang, lawyer for the Manitoba Government Employees Union, is asking for a publication ban on the identities of social workers at an upcoming public inquiry into the horrific beating death of five-year-old Phoenix Sinclair in 2005.

"The media appears, Mr. Commissioner, to be no longer interested in the accuracy or the truth of the facts that it prints or publishes or broadcasts," Smorang told inquiry commissioner and retired judge Ted Hughes.

"It is primarily interested, in my respectful submission, in the sensationalisation of stories and the laying of blame."

The inquiry, slated to start in September, will look at how the child welfare system failed to protect Sinclair. She had spent most of her life in foster care but was handed back to her mother, Samantha Kematch, in 2004. She suffered near-constant abuse at the hands of Kematch and Kematch's boyfriend, Karl McKay.

While still under the supervision of Child and Family Services, Phoenix was frequently confined, shot with a BB gun, forced to eat her own vomit, and neglected. She died after a brutal assault in the basement of the family's home on the Fisher River reserve north of Winnipeg.

Sinclair's death went undetected for nine months, and Kematch and McKay continued to claim benefits in her name. Eventually, a relative called police. The girl's body was found in a shallow grave and Kematch and McKay were convicted of first-degree murder.

A few months before her death, a social worker went to check on Sinclair and was told she was asleep. He saw a sibling playing outside who appeared healthy and decided that was enough.

Lawyers for several Winnipeg media outlets and the Assembly of Manitoba Chiefs are to argue against a publication ban on Thursday.

Hughes is scheduled to give his decision July 12.

THE CANADIAN PRESS

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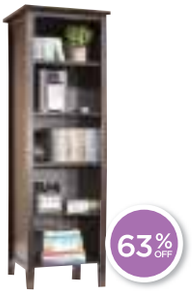

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Boy in hospital

Dust cloud caused by semi-trailer leads to crash

Police are looking for information about the driver and owner of a semi-trailer carrying livestock who was involved in a major crash, but may not have realized it happened.

Brandon RCMP said they arrived at the scene of a three-vehicle crash that had happened on Veterans Way at Curtis Road just outside of Brandon on Tuesday afternoon.

The trailer was said to have swerved onto the right side gravel shoulder to avoid hitting oncoming traffic, leaving a blinding dust cloud behind it. A Kia Spectra following the semi-trailer crashed into the back of a stopped Dodge SX 2.0, which crashed into the back of a Chevrolet Tahoe.

The driver of the semi-trailer continued East bound without stopping.

A 10-year-old boy is in hospital with non-life threatening injuries, and two adults were treated at the scene.

Police have no colour or description of the semi-trailer.

The incident remains under investigation.

METRO

Call with info

726-7520

If anyone has any information on this collision, they are asked to call the Brandon RCMP at 204-726-7520

Despite an increase in mosquitoes, the city does not require nuisance fogging. METRO FILE

Mosquito buzz not expected to grow

Killing larvae. City says mosquito fogging not likely this year

LAUREN PARSONS
winnipeg@metronews.ca

A spokesperson from the City of Winnipeg said it's very likely 2012 will mark the second year in a row of no nuisance mosquito fogging.

The city's aggressive larvicidal program combined with cooler evening temperatures in June gave the Insect Control Branch enough time to treat larval habitats in and around Winnipeg.

This process significantly reduced the amount of adult mosquitoes that normally would emerge, said the spokesperson.

According to the City of Winnipeg's website, information collected on Wednesday shows the city-wide daily average as 17 mosquitoes in traps, with the highest daily average as 116 mosquitoes in one of the city's South West traps. The city-wide average puts Winnipeg in a Medium Adulticiding Factor Analysis (AFA) Level, a fancy way of saying the city does not require nuisance fogging — however, parks and other public areas are treated with Permethrins, a common insecticide.

The city said in order for fogging to be initiated there needs to be two days of 25 or more mosquitoes in the traps, a quadrant of the city in the range of 100, and a High AFA level.

The city predicts the current adult population of mosquitoes will naturally begin dying over the next seven to 14 days, with no expectation of a large emergence.

While the city will continue to the larviciding program over the summer, residents can expect to have mosquitoes present, but at a level that is tolerable, said the spokesperson.

Road sinks. Hwy. collapses in rural Manitoba

It's going to be a long time before a highway in Manitoba becomes passable again.

Highway 83 was closed near Inglis, Man., after a large portion of the road collapsed north of the town. A spokesperson with the Rural Municipality of Shellmouth said the road gave way on Sunday, adding a storm likely washed away the road.

The municipality had been working to fix the road, which started to slowly sink last week.

Larry Halayko of Manitoba Infrastructure and Transportation said the road has been a problem for more than 50 years and that the department is looking for a solution. However, he could not give an estimate of when the road will be passable again.

Motorists are being told to find other routes in the meantime. METRO

Investigation

Pilot walks away from 'copter crash

A pilot involved in a helicopter crash on Wednesday near the town of Russell is now in hospital, say RCMP officials.

The crash took place at 11 a.m., about six kilometres south of Silverton, which is eight kilometres east of Russell. RCMP said a Bell 206 Jet Ranger owned by a company from North Bay, Ont., lost control while spraying crops in the rural farmland area. The aircraft plummeted to the ground and was destroyed on impact. The male pilot — and lone occupant — was able to escape and walk to a local farmyard for help. The extent of the pilot's injuries is not yet known, RCMP said, but he was taken to hospital. METRO

Arson Task Force investigating. Fires destroy garage, fence in West Broadway

Three overnight fires in Winnipeg had the police calling out the chopper.

AIR1 was summoned after a series of fires destroyed a garage, a fence and a shed.

The fires took place at about 3:45 a.m. in the west back lane on Furby Street near Westminster Avenue. There, a garage behind the residence at 126 Furby went up in flames.

AIR1 spent several hours looking for suspects in the area.

A fence was then set on fire on Sherbrook Avenue in the 100 block, followed by a shed in the 900 block of McMillan Avenue.

Even Wednesday morning's rain could not dissipate the smell of the fire at the garage on Furby, where the charred remains of at least two appliances were visible within the burnt structure.

The charred remains of appliances are visible following a garage fire on Furby Street near Westminster Avenue early Wednesday morning. BERNICE PONTANILLA/ METRO

No one was hurt in the incidents. There was no immediate damage estimate.

The Arson Task Force is investigating.

BERNICE PONTANILLA/METRO

1 NEWS

On the web

Don't sweat it with Botox

Whether it's humid conditions or plain old stress, trickles or torrents of sweat will undoubtedly dampen anyone's mood. Now experts are claiming regular Botox injections could bring long-lasting relief to people suffering from excessive perspiration. Go to metronews.ca to read the full story.

Mobile news

The first International Panda Awareness Week (known also by the clever acronym PAW) kicks off Thursday in London. To see videos of the cutest black-and-white bear on Earth, scan the code.

PERFORMER'S SECRET TALENT IS A KICK IN THE HEAD

ABOVE-AVERAGE JOE
Kerri Salki
winnipeg@metronews.ca

Metro Winnipeg is proud to present Above-Average Joe, a new column that will feature extraordinary ordinary Winnipeggers every Thursday.

Meet Laura Kolisnyk:

Laura's passion is performing. She has been all over the world, dancing and singing for children. She has also written and performed fringe shows, hosts the kid's stage at Folk Fest, is an animated voice actress and has taught kids theatre with Learning Through the Arts. Laura is addicted to hot yoga and competes in it — she came fourth in Manitoba — and FYI, Laura is also single.

Where were you born? Winnipeg, but I'm not sure which hospital! I grew up in Fort Rouge.
Occupation: Performing artist and art educator
Dream job: A New York city Rockette
What would your last meal be? Spaghetti Bolognese and lots of red wine
Last movie you saw? The Lorax
Any weird skills? I can kick my face!
Favourite Sound: The sound of children laughing
Favourite word: Pickle
Star Name: (first pet name+ street name) Muffin Rosedale
If you could be re-incarnated...what or who would you come back as? A dolphin for sure!

Just because they're not famous, doesn't mean they're not a somebody. If you know an Above-Average Joe who you think needs recognition, email me at kerri.salki@102clearfm.rogers.com.

KERRI IS PART OF THE MORNING SHOW JAY AND KERRI IN THE MORNING ON 102.3CLEARFM

Patriotic. Winnipeg retains largest Living Flag title

More than 3,000 people showed up on Canada Day to show off their patriotic pride after a challenge was laid down by a B.C. town that their pride was bigger.

Winnipeg's living flag had at least 3,000 people, said the Downtown BIZ's Jason Syvixay, and that's not counting the people who simply walked up and jumped in.

Meanwhile, folks from Langley, B.C., wrote letters to Metro bragging they would bring out 25,000 to form their living flag. Total in Langley? About 730.

Syvixay said Victoria and Calgary also had living flags but didn't come close to attracting the numbers Winnipeg did. "So, we retain the title," said Syvixay. **METRO**

For more local news, visit metronews.ca/winnipeg

Metro Winnipeg reporter Dave Baxter and 57-year-old Annette Tetrault flip a tire during a CrossFit workout. METRO

Think you're in shape? CrossFit proved I wasn't

The program.
Combines strength training and cardio into quick intense workout

DAVE BAXTER
winnipeg@metronews.ca

As someone whose idea of athletics usually consists of watching a sporting event from my living room or an air-conditioned press box, I was intimidated to do my very first CrossFit workout.

There are two words that describe it — fun and intense.

CrossFit is a strength and conditioning program that is highly varied. Weight training and cardio are mixed in a fun, energetic way and the group setting makes it more interesting than your average workout at the gym.

The hardest part was doing a series of push-ups, followed by leaps across the entire gym and then running outside into the sweltering summer heat to flip over huge tires and then hop through them.

I was asked to repeat this process four times, but only got through two before I nearly collapsed. Having a 57-year-old woman beat me at this was hard on the ego.

Tania Tetrault Vrga is the owner and head coach of the CrossFit gym on Lagimodiere Boulevard and my trainer that day. She said the program has a number of advantages over a typical gym membership.

"People who dabble in different kind of workouts often quit because they get bored," said Tetrault Vrga. "There are either runners or (those who) do a bit of weight lifting and those are the type of people who get addicted to this. It works because its fun and they get results."

Tetrault Vrga's mom, the aforementioned 57-year-old, suffers with lupus and says CrossFit has been the best therapy for her ailment.

"It's been a long hard road that has paid off," said Tetrault. "If I don't get the workouts in I progressively get worse to the point I can't walk anymore.

"If I had not done this I would probably be in a wheelchair right now."

For more information on CrossFit, visit crossfitwinnipeg.com.

Quoted

"I've seen people lose 15 pounds in the first six weeks and here you are getting more bang for your buck."

Tania Tetrault Vrga, Owner of the CrossFit gym on Lagimodiere Boulevard

Winnipeg hypnotist drawing crowds at Nevada show

Tyzen Paley is sure his skills of persuasion will keep him performing his hypnotism act until the end of the year in Reno, Nev.

Paley, known as Mark Paley when he still lived in Winnipeg, is part of a show called Persuasion: A Suggestive Adult Review, running until the end of September at Harrah's casino in Reno.

The show has so far been such a hit that there's talk of it being extended.

"I love making people laugh, I live for it," said Paley, 38, who is the son of local musician Ron Paley. "That's what I was born to do."

Paley said he wasn't the class clown in school; in fact, he was quite shy. He took up magic at age 14, and then hypnotism in his final year of high school at Fort Richmond Collegiate.

"I was in sea cadets and wanted to be in the military but then I saw David Copperfield and that changed everything," said Paley, adding that he performed all over Manitoba, Saskatchewan and parts of Ontario before moving to Calgary at the urging of fellow Winnipegger and magician Sean Watson.

"If I lived in Winnipeg, I wasn't going to get a Vegas show," said Paley about the move to Alberta. "I needed to spread my wings."

In Calgary, he was discovered by a Portland, Ore., woman and lived there for more than two years before moving to Las Vegas, where he has spent the last three years.

In addition to the show, Paley is launching several iPhone apps at the end of July that deal with quitting smoking, losing weight, managing stress and, for shy guys, how to pick up women hypnotically.

"It gets guys to ignore the signal of rejection, so they can talk to women more easily," said Paley, who is certified by the National Board of Hypnosis.

BERNICE PONTANILLA/METRO

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Employment. Immigrants given better chance to work

A program being offered at the Immigrant Centre hopes to help new immigrants settle in the city to find — and keep — their jobs.

The Workplace Entry Program (WEP) offers newcomers the opportunity to learn more about Canada's labour environment. The program is open to new immigrants between 18-30 years old, who have some English language skills.

According to Margaret Ko, EAL co-ordinator teacher of WEP, the aim "is to educate young newcomers about 'pre-employability' skills so that they become successful in finding and keeping their jobs."

The course takes five weeks and is offered several times a year. The difference between this program and others is people who attend classes get paid minimum wage for learning.

"It is important for my future because now I can get a job," said Fabio Domínguez, originally from Cuba.

ALEJANDRA SALCEDO/METRO WINNIPEG

How to join

In order to attend the program, interested people need to register as an Immigrant Centre client first. They must be permanent residents and they are not on Employment and Income Assistance or Employment Insurance.

Immigrant students receive their certificate for attending the Workplace Entry Program for five weeks. The next classes will begin on July 11. METRO

Centre donates glasses after feds cuts refugee benefits

Ken Bond tries a pair of glasses on Idil Tamayare's seven-year-old son on Wednesday. BERNICE PONTANILLA/METRO WINNIPEG

Fine fitting. Young refugee can see properly after landing in Canada nearly one year ago

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A local optical store is stepping up to help a young boy caught up in the federal government's axing of health care funding for refugees.

Ken Bond, practice manager at Osborne Spectacle Centre, contacted Metro Winnipeg after reading the story of Idil Tamayare, a refugee from war-torn Somalia and mother of six who arrived with her family in Canada nearly a year ago.

In the story, which ran in the June 18 edition, Tamayare said the Harper government's cuts to the Interim Federal Health Program left her unable to provide glasses to her seven-year-old son.

Bond's girlfriend told him about the story and he decided to act.

Bond said he consulted with the owners of Osborne Spectacle Centre and Dr. Jessie Fillmore, who all agreed to provide a complimentary eye exam.

He also talked with the fabricators of the glasses, Perspectics Lab in Winnipeg, and Aspex glasses, all to provide Tamayare's son with new eyewear.

"It's called turbo flex," said Bond of the Aspex glasses, which can be bent but does not break and returns to form. "Kids can't hurt the frames," added Bond. Both Bond and Tamayare said they hope the federal government reverses its decision and continues to provide supplemental health care to all refugees.

Reaching out

"It just seemed like the right thing to do.... It's a feel good moment."

Ken Bond, practice manager at Osborne Spectacle Centre, on fitting a Somalian refugee with glasses after the feds axed health-care funding for refugees.

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Town mourns victim of mall-roof collapse

Funeral. Crowd packs parish to say their goodbyes to one of two women killed in accident that has sparked public inquiry

A capacity crowd packed a church in a bereaved northern Ontario community Wednesday to pay their respects to one of the victims of a deadly roof collapse at a local shopping mall.

Rev. Paul Conway said more than 320 people came to Our Lady of Fatima parish to pay tribute to Doloris Perizzolo, who was remembered as a good neighbour.

The 74-year-old was one of two women killed when a section of roof came crashing through the Algo Centre Mall on June 23.

The accident crippled local commerce in the small community, touched off a criminal investigation led by the provincial police force, and sparked a public inquiry ordered by the province's premier.

Perizzolo was eulogized by a longtime friend who shared memories of growing up side-by-side, and regaled the audience with anecdotes of her friend's kindness and consideration as a neighbour.

THE CANADIAN PRESS

Mourners react outside the Our Lady of Fatima Parish in Elliot Lake, Ont., on Wednesday, after the funeral of 74-year-old Doloris Perizzolo, who died in the Algo Centre Mall roof collapse. KENNETH ARMSTRONG/THE CANADIAN PRESS

Investigation

Outrage over the collapse prompted Premier Dalton McGuinty to order a public inquiry late last week, drawing support from the opposition.

- Police have also launched their own investigation. But OPP spokesman Pierre Chamberland wouldn't comment on a report that the investigation stems from information about the building's record of unaddressed maintenance problems. The Ministry of Labour paid six visits to the mall in the last three years.

Magnotta case. Body part found in Montreal park belongs to Jun Lin: Police

Montreal police have confirmed that the human remains found Sunday in a park belong to Jun Lin.

Lin's torso was found in a suitcase in late May, while other body parts were mailed to offices of political parties and to two schools. Police have said the only missing body part was Lin's head.

"Major-crimes squad investigators just got confirmation," Const. Anie Lemieux said.

Luka Rocco Magnotta has been charged with first-degree murder in Lin's death.

THE CANADIAN PRESS

Jun Lin is shown in this undated photo from Facebook. HANDOUT

Human trafficking

Feds crack down on foreign sex-trade workers

Strip clubs, massage parlours and escort services can no longer bring foreign temporary workers into Canada, the federal government said on Wednesday.

In a joint announcement, Human Resources Minister Diane Finley and Immigration Minister Jason Kenney said foreign nationals brought in to work in sex-trade-related businesses are particularly at risk of being exploited and abused.

TORSTAR NEWS SERVICE

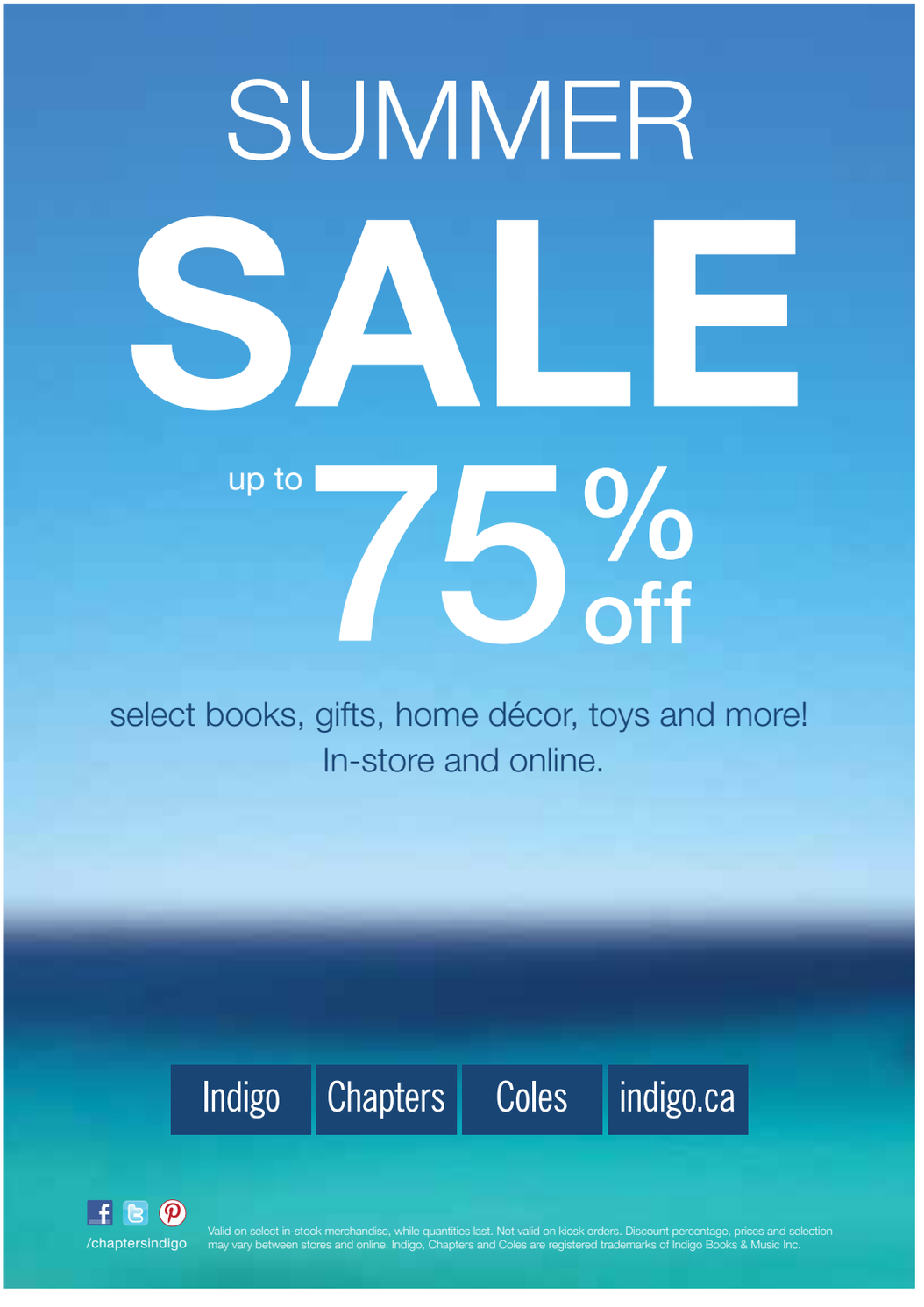
Minor shake-up

Fantino gets Oda's job in swift cabinet shuffle

Prime Minister Stephen Harper swiftly shuffled his front benches Wednesday following the resignation of embattled International Co-operation Minister Bev Oda.

The hole created by Oda's resignation on Tuesday had been expected to be filled later this summer in what could have been a wide-ranging shake-up, but ended up being only a minor change. Oda was replaced Wednesday by former associate defence minister Julian Fantino.

THE CANADIAN PRESS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Scientists' 'Eureka moment': God particle exists (they say)

Cheers, ovations. Crowd hails the discovery of a 'cornerstone,' but is it the real secret of the universe?

Peter Higgs — of the Higgs boson or God particle — is the British physicist who predicted it in the 1960s. He told the audience in Switzerland on Wednesday that the new discovery appears close to what he foresaw.

DENIS BALIBOUSE/THE ASSOCIATED PRESS

The God particle lives! Well, they're pretty sure it does.

To cheers and standing ovations, scientists at the world's biggest atom smasher in Switzerland claimed the discovery of a new subatomic particle Wednesday.

They called it "consistent" with the long-sought Higgs boson — known as the God particle — that helps explain what gives all matter in the universe size and shape.

"We have now found the missing cornerstone of particle physics," Rolf Heuer, director of the European Centre for Nuclear Research (CERN), told scientists.

"As a layman, I think we did it," he said. But he also declared: "As a scientist, I have to say, 'What do we have.'"

He added: "We have a discovery. We have observed a new particle that is consistent with a Higgs boson."

The Higgs boson, which until now has been a theoretical particle, is seen as the key to understanding why matter has mass, which combines with gravity to give an object weight.

The idea is much like gravity and Isaac Newton's discovery of it: Gravity was there all the time before Newton explained it.

But now scientists have seen something very much like the Higgs boson and can put that knowledge to further use. Fabiola Gianotti, a team leader, did raise a touch of reality, however:

"The dream is to find an ultimate theory that explains everything — we are far from that."

THE ASSOCIATED PRESS

Theory

1960s

Scientists have long puzzled over how the minute building blocks of the universe acquire mass. Without mass, particles wouldn't hold together. A theory proposed by British physicist Peter Higgs in the 1960s is that a new particle must be creating a "sticky" field that acts as a drag on other particles.

Cash

$10B

The Large Hadron Collider — the atom smasher at the European Centre for Nuclear Research — cost $10 billion to build and run. This includes the salaries of thousands of scientists and support staff around the world who collaborated on the experiments that had but one target: Expose the mysterious God particle.

History

WWW

The massive scientific effort that led to the discovery of what is thought to be the God particle has also paid off in other ways — one of which was the creation of the World Wide Web. Scientists developed the web to make it easier to exchange information among each other.

Target

96%

"This is just the beginning," says James Gillies, a spokesperson for the European Centre for Nuclear Research. Scientists also have one other target: They also hope to understand the 96 per cent of the universe that remains hidden from view.

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Pakistan. Mob kills man accused of ripping Qur'an

Thousands of people dragged a Pakistani man accused of desecrating Islam's holy book from a police station in central Pakistan, beat him to death and then set his body on fire, a police official said Wednesday.

The incident highlighted the highly charged nature of Pakistan's blasphemy laws, under which anyone found guilty of insulting Islam's Prophet or the Qur'an can be sentenced to death.

Sometimes, however, people take the matter into their own hands.

A senior police officer, Mohammed Azhar Gujar, said in the incident Tuesday in Bahawalpur, a city in a deeply conservative part of central Pakistan, attackers stormed a police station where the man was being interrogated.

Gujar said police tried to protect the man, but the mob turned violent.

THE ASSOCIATED PRESS

Call to punish

The victim was arrested after residents said he threw pages of the Qur'an into the street.

- While the man was being questioned, some people started making announcements over mosque loudspeakers, urging residents to go to the police station and punish him.

Argentina

Verdict awaited in stolen-babies trial

Verdicts are being prepared in Argentina's historic stolen-babies trial. Two former dictators and a handful of other retired military and police officials are accused of systematically stealing kids of leftists who were kidnapped and killed when a military junta ran the country three decades ago. The sentences are expected Thursday night after a year-and-a-half-long trial. Prosecutors want 50-year sentences for former dictators Jorge Rafael Videla and Reynaldo Bignone. More than 100 of stolen babies have been able to recover their birth identities through DNA tests. THE ASSOCIATED PRESS

Egyptians fear vigilantism after sweethearts attacked

An Egyptian boy holds a poster of Ahmed Hussein Eid during his funeral procession in Suez, Egypt, Wednesday. THE ASSOCIATED PRESS

Islamism blamed. 20-year-old stabbed after a group of men tell unmarried couple they should not be together

An Egyptian university student was fatally stabbed as his girlfriend looked on after three suspected Islamic militants confronted the couple in a park and told them they should not be together if they are not married, security officials said Wednesday.

The murder is fuelling fears that vigilante groups may be seeking to strictly enforce Islamic mores, emboldened by the election of Islamist President Mohammed Morsi. Moderate Muslims along with liberal and women's groups worry that Morsi's presidency will slowly eradicate Egypt's entrenched secular traditions and change the social fabric of the mainly Muslim nation of 82 million people.

The student, 20-year-old Ahmed Hussein Eid, was attacked on June 25 in the Red Sea city of Suez east of Cairo while he was with his girlfriend in a quiet park that is a favourite spot for romantic rendezvous, according to the officials. It was not immediately clear what the two were doing when challenged by the three men who arrived on a motorbike.

But the officials, citing initial testimony of the girlfriend, said the men told the couple they must immediately leave and go their separate ways. An argument followed and one of the three men stabbed Eid in the upper left thigh, near his genitals. He was hospitalized and died of his wounds a week later on Monday, according to the security officials who spoke on condition of anonymity because they were not authorized to talk to the media.

THE ASSOCIATED PRESS

Seeking retribution

"My son's blood will not be wasted.... If you don't get me retribution, then my son's blood is on you."

The victim's father, Hussein Eid, addressing President Mohammed Morsi.
Eid also said he would seek retribution for his son if the police don't catch the culprits.

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Sizzling in the States

No independence from heat. U.S. Fourth of July festivities hampered by extreme temperatures

George Washington never had air conditioning, but he knew how to keep cool: a mansion with lots of windows elevated on the banks of a wide, rolling river and lots of ice cream, maybe with a little brandy.

It was a little like the old days without electricity Wednesday, as the nation's capital region celebrated Independence Day the better part of a week into a widespread blackout that left millions of residents sweltering in temperatures at or above 32 C without air conditioning. Utilities have slowly been restoring service knocked out by a freak storm Friday from the Midwest to the Mid-Atlantic, and at least 26 people have died in the storm or its aftermath.

In New York, about a dozen disabled soldiers — most triple or quadruple amputees — visited Ground Zero ahead of the usual throng of tourists. The visit was intended to salute service members who survived the post-9-11 wars to become miracles of modern medicine, and to promote two charities raising money for homes custom-built to ease their burdens.

Many other Americans simply abandoned their holiday plans due to the power outages and the heat.

THE ASSOCIATED PRESS

Campaigning continues

- U.S. President Barack Obama attended a naturalization ceremony at the White House for active service members from 17 countries. Military families were invited for a barbecue and to watch fireworks on the South Lawn.
- Presumptive GOP presidential candidate Mitt Romney has spent most of the week off the campaign trail with his family in Wolfeboro, N.H., but took time Wednesday to march in the town's Fourth of July parade.

Mary Wade Ballou sprays the crowd with a water gun as she passes on a float during the South Walton Fourth of July Parade in Seaside, Fla., on Wednesday. While the country celebrated Independence Day, many Americans were partying the old-fashioned way — without power — due to a widespread blackout. NICK TOMECEK/ NORTHWEST FLORIDA DAILY NEWS/AP

New Hampshire

Fireworks explosion sets house ablaze

A fireworks explosion ignited on a home's back deck set it ablaze Tuesday night and filled it with smoke, injuring at least nine people, police said.

When police officers and firefighters arrived at the home around 7:30 p.m., there were lots of fireworks in and around it, the police department said.

WMUR-TV in Manchester reported that the fireworks ignited on a back deck.

The nine injured people ranged in age from infant to adult. Two children were taken to Boston hospitals for treatment.

A neighbour who lives on a street behind the home in Pelham, a town of about 13,000 residents an hour drive south of Concord, said the people who live in the home set off fireworks every year for July Fourth.

THE ASSOCIATED PRESS

Brazil

Student fakes her kidnapping to avoid project

Police in northeastern Brazil say a college student has confessed to faking her own kidnapping as an excuse for not handing in a year-end university project.

Para state's civil police say on their website that 22-year-old Susan Paola Fadel Correia initially alleged she was abducted last week by three men, then was tied up and held for 24 hours before being released.

A police statement says she acknowledged Wednesday that the story was false and that she spent the 24 hours that she was supposedly missing at the home of a friend. It quotes an officer as saying Fadel explained that she "didn't want to upset her mother" with news of her problems at school.

She has been charged with making false accusations.

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'Phablet.' Larger smartphones expected to find consumer niche

Take one part smartphone and one part tablet and what have you got? Phablets, a newer breed of mobile device that's expected to compete with the smaller-sized tablets now flooding the market.

Phablets aren't going to kill tablets or smartphones but they will be a viable niche product, said Sascha Segan, lead mobile analyst for PC Magazine.

There's only one major phablet currently available, the Samsung Galaxy Note with its 13.5-centimetre touchscreen. It looks huge beside the 8.9-centimetre iPhone but is considerably smaller than 17.8-centimetre tablets like Research in Motion's BlackBerry PlayBook and the 24.6-centimetre iPad. LG has also revealed plans to release a phablet, the Optimus Vu.

"Most phablets look like you are holding a slice of bread up to your head, or some other similarly awkward object," Segan said from New York.

But as consumers make fewer phone calls, size isn't expected to matter.

Tech trends firm ABI Research predicts more than 208 million of these hybrid devices will be shipped by 2015. THE ASSOCIATED PRESS

iPhablet?

- Apple will begin selling a cheaper, smaller iPad by year-end, to help maintain dominance of the tablet market as Google and Microsoft prepare competing hand-held devices, reports say.
- The product, likely to be announced by October, won't have the high-definition screen featured on the iPad, sources say.

Hybrid device

"They'll start dropping their smartphones and pick up these phablets."

Sascha Segan, lead mobile analyst, PC Magazine

Spraying scorn on the banks

Protesters spray champagne as they demonstrate against what they describe as a 'close relationship between bankers and politicians' outside Portcullis House in London on Wednesday, as former Barclays Bank chief executive Bob Diamond gives evidence to the British Treasury Select Committee. Diamond acknowledged on Wednesday that there had been "mistakes" and "reprehensible" behaviour at the bank as he appeared before British lawmakers. CARL COURT/GETTY IMAGES

U.K. media scandal

Investigator must reveal phone-hack names: U.K. court

Britain's Supreme Court says a private investigator must reveal who ordered him to hack voice mails on behalf of a tabloid newspaper.

Glenn Mulcaire was jailed briefly in 2007 for eavesdropping on the phone messages of royal aides on behalf of the now-defunct News of the World.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.7¢ US (+0.07¢)

TSX 11,913.87 (+65.12)

OIL $87.05 (-61¢)

GOLD $1,615 US (-$6.80)

Natural gas: $2.91 US (+1¢)
Dow Jones: (Markets closed)

Takeover. Maple bid for TMX gets nod

The longstanding proposed takeover of the TMX Group cleared a number of key regulatory hurdles on Wednesday, perhaps most importantly from the Competition Bureau.

The federal regulator said it will not challenge the attempt to takeover the operator of Canada's major stock exchanges by the Maple Group Acquisition Corp., a factor that could've potentially sidelined the transaction.

Meanwhile, the Ontario Securities Commission gave its approval and published final recognition orders for the deal which values the TMX Group at $3.8 billion.

Maple spokesman Luc Bertrand said the approvals were "a very major milestone" for the consortium of 12 Canadian banks, pension funds, brokerages and insurers leading the bid.

"My understanding is that it was a lot of work between the bureau and the OSC (to) satisfy that post-transaction there would be a regulatory structure that addresses the bureau's concerns," he said in an interview.

Competition Commissioner Melanie Aitken said the bureau had serious concerns, but that they had been addressed.

The proposed takeover still requires approval by the British Columbia and Alberta securities regulators, though Bertrand expressed confidence in both.

The Maple consortium has already extended its deadline several times as it awaits full approval for the plan that would see it control as much as 90 per cent of trading activity in Canada.

Takeover talks have stretched on for more than a year, starting first in February 2011 when a merger was announced with the owner of the London Stock Exchange.

When that transaction was defeated by shareholders, the TMX threw its support behind the Maple bid last October.

Maple now believes that the transaction can close before the end of July, the latest deadline set by the consortium.

THE CANADIAN PRESS

Trend. Greek yogurt takes off in Canada

As Greece sinks daily deeper into financial crisis, a humble staple of the Greek diet has become a billion-dollar business in North America.

Greek yogurt is flying off supermarket shelves in Canada after conquering the U.S. market. The high-protein content, natural ingredients and creamy taste have made it a hit with consumers in a health-conscious culture.

Canadian producers have doubled and tripled facilities to meet increasing demand and grocery retailers have experienced temporary shortages, leaving consumers scrambling for the latest holy grail of a healthy diet.

Food retailers are clearing shelf space to stock up on a product that is ruling groceries the way Olympic mittens ruled 2010.

Greek yogurt began rising in popularity about 18 months ago in Canada.

Loblaws has experienced occasional shortages in its private brand and there were some shortages of Danone and Liberté in February and April. Longo's experienced some shortages at the outset, as did the Sobey's chain of stores. TORSTAR NEWS SERVICE

Greek yogurt is flying off the shelves at grocery stores across Canada.
PAWEL DWULIT/TORONTO STAR

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SUMMER TIME IS NOT NECESSARILY FUNNER TIME

HE SAYS...
John Mazerolle
metronews.ca/hesays

Hey, remember when summer weather was something to look forward to?

That was a real nice season we had once.

But with soaring temperatures, stifling humidity and more frequent disasters, summer feels vaguely threatening — like a guy who smiles too widely all the time.

Recognizing that extreme weather is still dangerous regardless of the season is only common sense, which makes it impossible for most people.

That's why there can be an extreme heat alert, a smog advisory, a tornado watch, a skin pustule warning and a forecast of partly locust-y, and there'll still be some guy on the TV news having a beer on a patio and gushing about the "awesome" weather. If there was a flood he'd talk about how he loves to swim while he floated away on his chair.

Fortunately for you, this column recognizes the dangers and has a few tips to keep the dog days from biting.

As you enjoy this season

"Don't say, 'Hot enough for you?!' This will cause people to punch you in the nose, and they'll be right to do it."

Keeping it cool: DOs and DON'Ts

DO congratulate yourself on your safety consciousness when you realize the chances of you doing anything strenuous, such as having sex or working a job, are zero.

DON'T go jogging mid-day. Going at dawn will make the run more enjoyable, due to fewer people pointing and saying, "Look at the crazy person."

DO drink from a canteen, so that when it's empty you can melodramatically turn it upside down and shake it.

DON'T use a hand fan, unless you're a fading southern belle and can say things like, "I do declare, it's hot enough to parboil an egg in my cleavage," without sounding silly.

DO check in on elderly or sick neighbours, so you can get first dibs on their stuff.

DON'T say, "Hot enough for you?!" This will cause people to punch you in the nose, and they'll be right to do it.

DO drink eight glasses of water a day. It's a totally made-up number with no scientific foundation, but people my age have been spouting it our whole lives, so just do it or we'll feel stupid, alright?

DON'T jump headfirst into an oasis, no matter how dehydrated you are. It's usually a mirage. Telltale signs include palm trees growing in Canada and hammocks strung up in major cities. If you're still not sure, toss a co-worker.

DO leave animals in your car, but only if you intend to eat them later. Free-Range Rover is delicious.

DON'T leave behind Conservatives, even if the window is open a crack. When you return, you may find them sweaty and confused, frothing at the mouth and ranting that climate change is a myth. This is normal. If a Conservative says anything logical, call 911 immediately.

Those are the keys to a safe summer, so long as you also avoid gas barbecues, choking hazards, major highways, dying birds, disease-carrying mosquitos and cancerous sunshine.

Remember that if you see any TV reports that show an entire week without any kind of death, disease or disaster, it's probably a mirage. And, above all, have a good time.

Summer is here, that means rule No. 1 is to be extra cautious while having fun — danger looms behind every corner. GETTY IMAGES

Black Widow conquers 45 hot dogs

MARIO TAMA/GETTY IMAGES

10 minutes to gold

Aficionados hold their titles

Five-time hot dog eating world champion Joey Chesnut, left, and women's world record holder Sonya Thomas 'stare down' at the Nathan's Famous Fourth of July International Hot Dog Eating Contest ceremony.

Thomas, of Alexandria, Va., beat her own record by gobbling down 45 hot dogs and buns in 10 minutes Wednesday to win the women's competition at the annual Coney Island contest. GETTY IMAGES

Previous record

41

The petite Thomas, who goes by Black Widow, won $10,000 US. The previous women's world record was 41 dogs and buns in 10 minutes.

Contest tradition

Dog-eat-dog world

Joey Chestnut ate his way to a sixth straight win, tying his personal best in a sweaty, gag-inducing spectacle.

The 28-year-old San Jose, Calif., man nicknamed Jaws scarfed down 68 hot dogs in 10 minutes in the sweltering summer heat to take home $10,000 US and the mustard yellow belt. He bested his main rival by 16 dogs. The Nathan's Famous Fourth of July International Hot Dog Eating Contest has been a city tradition for 97 years.

THE ASSOCIATED PRESS

After it all went down

"I feel good, it was a great win ... I tried my best. I'm looking forward to next year already."

Joey Chestnut, after the contest, adding he wished he could have eaten a record number of hot dogs for the audience.

Watch the video at metronews.ca

Metropolitan Panel

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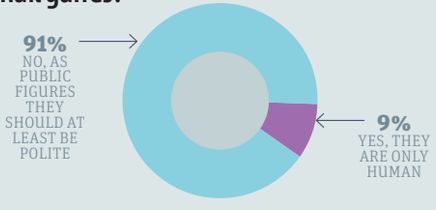
Should politicians be forgiven for their email gaffes?



Twitter

@andayamonica: Gloomiest weather i've ever seen in Winnipeg in so long. happy people? Your wish came true for it to rain.

@otherwesleychan: WOW! That was absolutely deafening. Standing outside within walking distance of a lightning strike! #Winnipeg #storms

@k_kosie: It's like night-time in #Winnipeg right now! #streetlights #rain

@SouthMBWeather: Just curious....Why is it that thunderstorms sometimes slide by #Winnipeg, especially the big ones? #random

@eastynyuen: Rainy day = lazy day

@vincent_hayley: I should not be in charge of children during a thunderstorm like this #scaredformylife #heeelllppp

metro

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American metal band Fear Factory tells a dystopian tale on its new album The Industrialist. SUPPLIED

Rise of the machines

The Industrialist. Metal band Fear Factory serves up a classic sci-fi storyline with a twist on latest release

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Fear Factory's eighth studio album The Industrialist — released June 5 through Candlelight Records — contains a sci-fi storyline. Think Terminator, but with a twist.

"We usually touch upon the theme of man versus machine, however this time the story is from the perspective of the machines," vocalist Burton C. Bell says, who is joined in Fear Factory by guitarist Dino Cazares, bassist Matt DeVries and touring drummer Mike Heller.

"The Industrialist is a sentient automaton. It has become sentient by accumulating memories through many experiences, which enables it to have the will to survive. It fights man to exist and the man it fights is the creator and the creator's industry. It seeks out factories, manufacturing buildings, structures that the creator owns and takes them out. It's doing this because the creator wants to disassemble the industrialist and other models of its type. The creator wants to make way for the new model."

The concept isn't confined to the lyrics. For The Industrialist, the Los Angeles band made a point of revisiting the industrial metal sound it perfected on such albums as 1995's Demanufacture and 2001's Digimortal.

"In the early days it was the industrial element of the band that made us stand out in the metal genre," Bell says. "It was a really cool element of Fear Factory that got lost and I wanted to reintroduce it, to really move forward and really stand out as a band that's innovative and interesting."

Speaking of reunions, The Industrialist is Cazares second album back with Fear Factory after leaving the band in 2002.

"Mechanize (2010) was our getting to know you again album," Bell says. "I don't mean this in a bad way, but there was a little trepidation. We were learning to communicate again and how to be friends again. That was all done with by the time we got around to writing The Industrialist. Our working relationship and our friendship is better than it's ever been. This time it was all about the music."

Fear Factory was scheduled to play the Shockwave Festival at the Pyramid Cabaret on Wednesday, but the show has since been cancelled. For more info on Fear Factory and The Industrialist go to fearfactory.com.

Quoted

"In the early days it was the industrial element of the band that made us stand out in the metal genre."

Burton C. Bell, Fear Factory vocalist, on reintroducing older elements.

Scene in brief

Hudson's TV role a segue to Broadway?

After winning an Academy Award and a Grammy, Jennifer Hudson is taking a roundabout route to give theatre a try. She'll appear on the second season of the television musical drama series Smash in a multi-episode arc as a Broadway star named Veronica Moore. On Smash, Hudson will join fellow American Idol alum Katharine McPhee, who's one of the show's main characters. "It's just the perfect opportunity," Hudson, a fan of the NBC show, said in a recent interview. She also admitted the show may be a way for her to ease into an appearance on Broadway.

THE ASSOCIATED PRESS

On the web

Amazing Spider-Man snares $7.5M in midnight screenings ahead of Fourth of July

LOOKING TO MAKE A CAREER CHANGE?
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Third time a charm for Kitsch?

Savages. Oliver Stone drug flick allows actor redemption shot after back-to-back flops

Taylor Kitsch plays a California marijuana dealer in the movie Savages. MATT SAYLES/INVISION/THE ASSOCIATED PRESS

Taylor Kitsch struck out twice this year in the failed films John Carter and Battleship, spoiling the Friday Night Lights actor's hopes to leap from TV to big-screen star.

Now, Kitsch has a third time at bat with Oliver Stone's drug-war thriller Savages, opening Friday.

While the actor regrets the two previous movies flopped, he's actually a bit relieved that he can take jobs as they come without having to work around sequel schedules had those films developed into franchises.

"Maybe it's a blessing in disguise that it died, and I'm not tied to these things for the next 10 years," said Kitsch, 31. "I'm free to do whatever I want now. If I want to do something in January, February, March, April, I don't have to go through two studios to be green-lit."

Still, Kitsch started the year with the prospect of two studio blockbusters that could have given him steady work for years to come in the continuing adventures of Edgar Rice Burroughs' Mars hero Carter and in more tales inspired by the board game Battleship.

With a bloated budget and fan indifference that resulted in feeble domestic box office of just $73 million, John Carter inflicted a $200 million loss on distributor Disney and helped precipitate the departure of the studio's chairman, Rich Ross.

Universal's Battleship did fair business overseas ahead of its domestic debut, but it floundered at U.S. theatres in the wake of the blockbuster receipts hauled in by The Avengers.

Yet Kitsch doesn't regard the films as wasted efforts.

"I feel I grew an immense amount as an actor. On so many levels, it tested me. I wouldn't change a thing. I wouldn't take any of those choices back," Kitsch said.

"I love what I'm doing. I've started to get excited again, and I think, obviously, it was hard on me that they didn't work. You have bosses, we all have bosses, you want to do well for them. But I gave everything I had."

That dedicated work wasn't lost on Stone, who had seen Kitsch on Friday Night Lights and cast him in Savages after catching an early cut of Battleship.

Adapted from the novel by Don Winslow, Savages features Kitsch as a take-no-prisoners U.S. veteran of the war on terror, who partners with his best pal (Aaron Johnson) to run a Southern California marijuana business growing and selling the world's finest weed.

Canada's own

- **Kitsch grew up in British Columbia and got his start in Hollywood in such movies as Snakes on a Plane and John Tucker Must Die before landing a starring role on Friday Night Lights.**

Kitsch and Johnson's characters are hurled into a bloody battle with a Mexican drug cartel in Savages, whose cast includes Blake Lively, John Travolta, Salma Hayek and Benicio Del Toro.

"He was very masculine, a very strong and attractive guy but seemed like a solid guy, a guy who could be an ex-Afghani, Iraqi war veteran who would back his man to the end and bring his team out with him," Stone said of Kitsch.

THE ASSOCIATED PRESS

Documentary

Katy Perry: Part of Me

Director. Dan Cutforth, Jane Lipsitz

Stars. Katy Perry, Shannon Woodward, Lucas Kerr

This new documentary shows Katy Perry's genuine affection for her followers, so it is no surprise that Part of Me is geared toward pleasing her Katycats. Intercut with lively performances from the wildly successful Teenage Dreams tour are musical numbers galore, visits with her slightly grumpy grandmother and interviews with her staff and friends. It's only when the tour nears its end and Perry's marriage is in tatters that the movie is revealing. RICHARD CROUSE

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Heidi Klum ALL PHOTOS GETTY IMAGES

Heidi Klum remains sour on marriage

"I don't know if I'll get married again," Heidi Klum, model and host of Project Runway, tells newspaper Bild am Sonntag.

After seven years of marriage, she separated from husband/singer Seal earlier this year.

"Although I really enjoyed being married. I'm a dreamer. I loved our annual fairy tale weddings that were our big family parties. But sadly, it somehow didn't work out."

That said, she's remained optimistic about the future, even if it doesn't involve a partner.

"I think everyone should work on their dreams," she told the paper. "I try to. I look into the future, concentrate on my family and I have to say that I'm happy. There are worse things in life than a separation."

The Word

Frank attracts an Ocean of attention by coming out

SAM CASTONE
Metro World News

A few days after newscaster Anderson Cooper revealed he was gay, an entertainer from an entirely different spectrum also shared something about his sexuality... with potentially groundbreaking results.

"Four summers ago, I met somebody. I was 19 years old. He was too," wrote singer and songwriter Frank Ocean, a member of hip-hop collective Odd Future, on his Tumblr page.

"We spent that summer, and the summer after, together. Everyday almost. And on the days we were together, time would glide. Most of the day I'd see him, and his smile. Sleep I would often share with him. By the time I realized I was in love, it was malignant. It was hopeless. There was no escaping, no negotiating to the women I had been with, the ones I cared for and thought I was in love with."

He goes on, leaving the reader to guess he is either gay or bisexual.

In the hip-hop world, being openly gay is uncommon, and Ocean is the most high-profile urban artist to ever publicly address being with a man. In fact, one of Ocean's collaborators, Tyler, the Creator, has been accused of being homophobic.

About Ocean, Tyler tweeted: "My Big Brother Finally Fucking Did That. Proud Of That Nigga Cause I Know That Shit Is Difficult Or Whatever. Anyway. I'm A Toilet."

Hip-hop legend Russell Simmons wrote on his own blog congratulating Ocean.

"Today is a big day for hip-hop. It is a day that will define who we really are. How compassionate will we be? How loving can we be? How inclusive are we? I am profoundly moved by the courage and honesty of Frank Ocean…."

Ocean has written songs for Justin Bieber, John Legend and Beyoncé, and appeared with Jay-Z and Kanye West on Watch the Throne.

His new album, Channel Orange, debuts July 17.

Brad Pitt

Move over Brad, Doug Pitt has arrived

Brad Pitt once starred in a Super Bowl Heineken commercial, and has made more than 30 ads in Japan alone (for Edwin jeans and other products).

But he better watch out, because his brother, Doug, just scored an ad with worldwide buzz. Appearing in an Australian commercial for Virgin Mobile, Doug (Brad's real bro) is seen as a boring suburban guy wearing khakis, taking an inordinate amount of pleasure from mowing the lawn, cooking and doing other household chores. The gag is that he's the anti-Brad.

Twitter

@iamrashidajones
Celebrating July 4th in London is a little like baking yourself a birthday cake and then eating it alone in a dark closet. #IMissFireworks

@AlbertBrooks
BREAKING NEWS: There is a God.....particle.

@Tyrese
Acting Advice::. The day you STOP caring about how fly and sexy you are you might have a real shot at being an actress or actor...

@JerrySeinfeld
The reason every "Seinfeld" character greeted with "Hey,(name)" was secret tribute to #andygriffith-show #true #andyandbarn4ever

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3 LIFE

Fashion Flash

Bottling Bon Jovi: Avon picks rocker as newest perfume partner

Jon Bon Jovi is going Unplugged in a bottle. Avon Products Inc. announced Monday that the 50-year-old rock star is the company's newest celebrity fragrance partner. He'll appear in ads for both Unplugged for Her and Unplugged for Him. The company said the inspiration for both scents is the unique feeling one has listening to a favourite song. The goal is "an emotional connection." The women's version, which will be available through Avon representatives and online in October, is a floral oriental perfume, and the men's is a woody floral musk fragrance. It will go on sale in November. Both Avon and Bon Jovi said admiration for each other's involvement in philanthropy largely drew them together as partners.

THE ASSOCIATED PRESS

On the Web

Designer presses the limits of patience: 60 hours of fashion in Band of Outsiders' Paris show

Soak up some sun

Summer. Mott 50 is the fashionable solution to sun safety, and co-founder Anne Botica Reilly explains why their label is set to shine

RICHARD PECKETT
life@metronews.ca

Safety has never been a sexy subject. It's always been a difficult sell, especially for fashion brands.

Ironically, it's a world that attracted Monique Moore and Anne Botica Reilly to launch their sun-protective label Mott 50 (mott50.com).

The brand is named after their old apartment's street (Mott Street, New York City) where the concept came to fruition in March 2011.

Moore and Reilly intended to take full of advantage of the female shift in attitude towards tanning and skin preservation.

Reilly explains, "I have a history of skin cancer in my family, so I have seen the direct effects — my aunt passed away and my mother is currently affected."

However, despite advances in skin care, the reality is that skin cancer among young people is on the rise. The World Health Organisation states that every year 132,000 melanoma skin cancers and two to three million non-melanoma skin cancers occur globally and this is set to rise. This can be attributed to the depletion of the ozone; however, that doesn't free us from our responsibility for self-preservation.

Luckily, UPF (ultraviolet protection factor) clothing doesn't have to resemble a poncho or be as coarse as a hair shirt.

"We could see that a lot of the stuff was not that desirable for women to wear — it's uncomfortable on the skin." Reilly adds, "We have customers who like the fabric and the way that it looks — the added value is the UPF50 element." The failing of many other UPF labels is that they allow the safety aspect to dominate the aesthetic at the expense of the look.

Reilly admits, "It isn't a high-end fashion brand at all but we do try to play on the trends." Currently, Mott 50 offers wardrobe staples such as cardigans, crewnecks, henleys, tunics, shifts, maxi dresses and short and long-sleeved shirts for guys. "We look to the designers like Ralph Lauren, Burberry Prorsum and Thakoon, so we do try to make our label a little more funky," says Reilly. The biggest challenge for the design duo is sourcing fabrics. At the moment they use materials such as cotton poplin and bamboo spandex but they're working on expanding their remit.

The way that the process works is that clothing manufacturers pour in a blend that closes the porosity of the fabric to prevent harmful UV penetrating the skin. Alarmingly, "the average white T-shirt only has a UPF of five," says the Chicago native. Shocking, but does such a limited collection have any real future, given the amount of skin sun-care products now available? Reilly certainly believes so,

"Advances in sun care actually helps our business. It raises awareness for our products and stresses the need for labels like ours."

As well as being stocked in stores such as Neapolitan, New York, the girls plan to increase their men's wear line next season and are hoping to launch a children's wear collection next summer, which Reilly describes as "a huge market."

GAP Bandeau one piece GAP

Mott 50 tunic MOTT 50

Mott 50 tunic MOTT 50

Insert your face above MOTT 50

Anne Botica Reilly, left, and Monique Moore MOTT 50

Summer skin-care

1 SMOOTH
Malin + Goetz chamomile treatment
$68, malinandgoetz.com (available mid-July)

2 TONE
Clinique skin tone correcting lotion SPF 20
$45
clinique.com

3 PROTECT
Shiseido: Urban environment UV protection cream plus SPF50
$30
shiseido.ie

Watermelon goes beyond dessert while duck takes over for chicken

1. Glaze: In a blender, purée the watermelon flesh until smooth. Set aside. In a small, heavy-bottomed saucepan over medium, heat the apple jelly, stirring constantly, until it is melted. Add the watermelon juice and stir to combine. Stir in the lime zest and juice, red pepper flakes, jalapeno hot sauce and salt. Mix and taste, adjusting the seasoning if desired. The glaze can be used warm or cooled. It can be refrigerated in a tightly sealed jar for up to 2 days.

2. Heat one side of a grill to medium and the other side to low. During cooking, if you get flaring from the duck fat, you may need to turn off the low side completely.

3. Use paper towels to pat dry the duck. Using poultry or kitchen shears, cut along each side of the duck's backbone and remove it. Turn the duck breast-side up. Open the 2 sides of the duck as if you were opening a book, and lay it flat. Break the breast bone by firmly applying pressure and pressing down. Tuck the wing tips under the upper wing and place on a sheet pan. Set aside.

4. In bowl, mix salt, pepper and cayenne. Brush the duck all over with olive oil. Season lightly on both sides with the spice rub. Place the duck skin-side up directly on the grill grates on the cooler side of the grill. Grill for about 2 hours.

5. After 2 hours, brush the glaze on the duck. Continue grilling for another 20 to 30 minutes, brushing with the glaze 2 more times during the final grilling time. Grill until the juices run clear and the thigh registers 190 F.

6. Remove the duck from the grill and brush with glaze one last time. Let the duck rest for 10 minutes. Cut the duck into halves or quarters and serve.

Ingredients

Spicy Watermelon Glaze:
- 1 cup seedless watermelon flesh
- 1/2 cup apple jelly
- Zest and juice of 1/2 lime
- 1 tsp red pepper flakes
- 1/2 tsp jalapeno hot sauce
- Pinch of salt

Grilled Butterflied Duck with Glaze
- 6-lb duck
- 1 tsp kosher salt
- 1/2 tsp coarsely ground black pepper
- Pinch of cayenne pepper
- Olive oil
- Spicy watermelon glaze

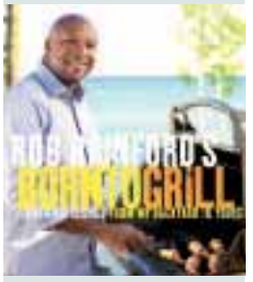
Grilled Butterflied Duck with Spicy Watermelon Glaze

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT & EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS, IN NEW YORK & WASHINGTON AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK

Book of the week

Grill master lesson



In Born to Grill, Rob Rainford brings barbecue prowess to more than 100 recipes and 20 complete menus from around the world. The book is designed for hosting family and friends around your backyard barbecue.

While there are plenty of great grill classics (with a Rainford twist), he pushes barbecue boundaries with some true grilling originals and expert techniques, like cold smoking. As a result, readers get recipes that move beyond burgers and steaks. Among them are: Rotisserie Butter-and-Sage Cornish Hen, Portobello Mushroom Napoleons, Spanish Paella with Grilled Seafood, Egyptian Lamb Koftas and more. METRO

Transform your backyard to a Spanish oasis with Paella

1. In bowl, toss chicken thighs with 1/4 cup (50 ml) Memories Of sauce. In another bowl, toss shrimp with 1/4 cup (50 ml) Memories Of sauce. Cover both with plastic wrap. Place in fridge. Marinate 30 minutes. Preheat barbecue to medium-high heat.

2. One pouch at a time, place rice pouch on paper towel, seam side up. Microwave on high 3 mins. Let cool slightly and transfer contents to bowl. Set aside.

3. Place chicken thighs, shrimp and whole chorizo sausage on greased grill. Cook shrimp 5 mins., turning once halfway, or until cooked; cook chicken and chorizo 10 mins., turning every few minutes, or until cooked. Remove from grill. Once cooled, slice each thigh lengthwise in quarters and slice chorizo crosswise on diagonal into 1/2 inch (1 cm) thick pieces. Set aside. Keep chorizo separate.

4. Toss pepper with 1 tbsp (15 ml) of the olive oil; grill 12 mins., turning every few minutes, or until softened and charred. Cool, then cut into bite-sized pieces. Set aside.

5. Increase barbecue heat to high. Place shallow metal roasting pan on grill. Once pan is hot, add remaining olive oil. Add onion, garlic and thyme; cook, stirring frequently, 10 mins. or until onions soft and slightly coloured. Add tomatoes, chopped red peppers and chorizo; cook, stirring 5 mins.

6. Stir in peas, salt, pepper, chicken broth, brown rice, chicken, shrimp and remaining Memories Of sauce. Cook 10 mins, stirring occasionally. Remove from heat. Squeeze lemon over dish and sprinkle with parsley. NEWS CANADA

This recipe serves 12. NEWS CANADA

Ingredients
- 6 boneless skinless chicken thighs, about 500 g
- 1 btl (350 ml) PC Memories Of Spain smoked paprika marinade
- 1 pkg (454 g) PC Black Tiger Gigantico raw zipperback shrimp, thawed and peeled
- 1 box (851 g) PC cooked brown rice sides
- 1 pkg (250 g) PC mild Spanish-style chorizo sausage
- 2 sweet red peppers, stemmed, cored and quartered
- 1/4 cup (50 ml) olive oil
- 2 cups (500 ml) finely diced white onions
- 3 tbsp (45 ml) chopped garlic
- 2 tbsp (25 ml) chopped thyme
- 2 cups (500 ml) chopped tomatoes
- 1 cup (250 ml) PC frozen small sweet peas
- 1 1/2 tbsp (7 ml) sea salt
- 1 tsp (5 ml) freshly ground black pepper
- 1 cup (250 ml) PC Blue Menu chicken broth
- Half a lemon
- 1/4 cup (40 ml) chopped parsley

Fresh take. Short Rib Sliders & Snow Pea Slaw

1. Heat the grill to high.

2. To make the slaw, in a medium bowl combine the snow peas, carrot, mint, raisins and vinegar. Toss well, then season with salt and pepper. Set aside.

3. Using an oil-soaked paper towel held with tongs, oil the grill grates.

4. In a small bowl, combine the brown sugar, salt, pepper, cayenne, allspice and thyme. Rub this mixture onto all sides of the short ribs. Grill the meat on medium for 3 to 4 minutes per side. Transfer the meat to a plate and allow to rest for 6 to 8 minutes.

5. To serve, pile slaw onto each bun, then top with a piece of short rib. THE ASSOCIATED PRESS

Ingredients

Slaw:
- 1 cup snow peas, in strips
- 1/2 cup grated carrot
- 1 tbsp chopped fresh mint
- 1/4 cup raisins, chopped
- 1 tbsp cider vinegar
- Salt and ground black pepper

Short ribs:
- 1 tbsp brown sugar
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- Pinch cayenne pepper
- Pinch allspice
- 1/2 tsp dried thyme
- 1 lb boneless short ribs, cut into 6 pieces
- 6 small buns

Instructables: 'The world's biggest show and tell'

DIY. How a personal project developed into a professional business model — founder and designer Eric J. Wilhelm dishes on his website and some of its wacky intentions

RICHARD PECKETT
richard.peckett@metro.lu

Does yours look like this? CONTRIBUTED

Yes, it sounds like the latest do-gooder, superhero movie but Instructables.com is in fact a globally-known self-help site with projects and solutions for everything from technology to food recipes.

The concept behind the platform was born from founder Eric J. Wilhelm's passion for building his own kite-boarding equipment during the sport's early beginnings in 2000. He recalls, "Half of the kit would perform spectacularly and half would fail spectacularly — the coast guard was called on multiple occasions."

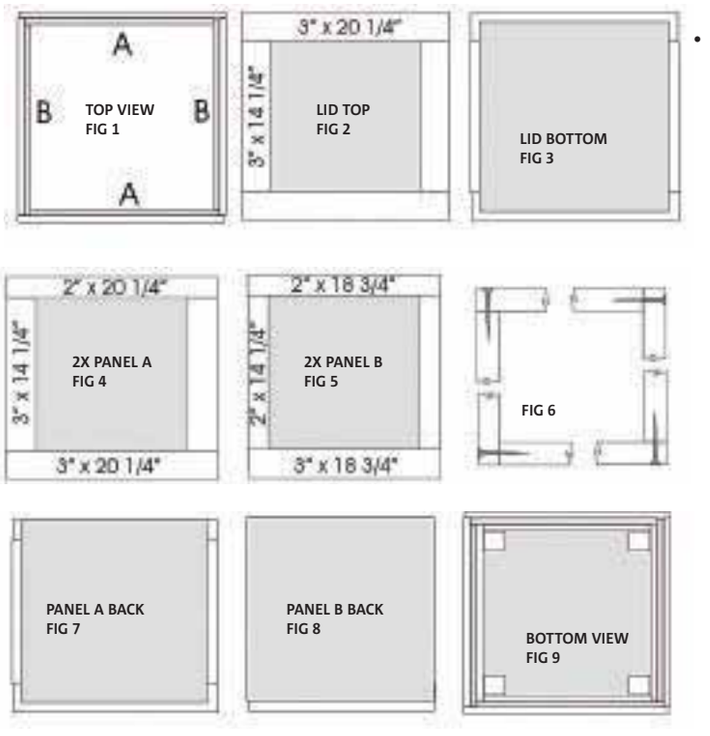
He documented his progress on his personal website, which soon garnered the attention of fellow kite boarders who were keen to discover the designer's tips. The California-based Wilhelm says, "It was taking just as long to write a web page on how to make a kite board as it did to build the equipment — I needed a tool to make that easier."

His solution was to set up Instructables.com, a spin-off of Squid Labs (engineering design and technology innovation company), which he co-founded with a few M.I.T. alumni. In layman's terms, Instructables is as stated in "How to Start a Business" (yep, there's an instructable for that too): "the world's biggest show and tell" platform for users to upload projects and solutions.

Wilhelm says that in just six to nine months they had almost one million visitors. "We ran the site for five years and in August 2011 we were acquired by Autodesk." In an age obsessed with documentation and social networking, it seems likely that the Instructables' community of like-minded DIY-ers will continue to flourish.

Try one for yourself on the left.

Wooden Letter Block Box



The Build

- Buy three pine panels (pictured 18" x 36) and cut two in half.
- The remaining panel will be cut into 2 panels of 17" sq.
- Attach the four sides together with staggered joints.
- Drill pilot holes, countersink, glue and screw together – 3 screws per edge. (see fig. 6).

Trimming the panels

- Cut the trim from the 2" and 3" pine (fig. 4 & 5).
- Start with panel "A" (fig. 4) place boards on box to check fit
- Make the 2" board flush with the top. Ensure that there is a ¾" overhang on both sides.
- Glue back of the board and clamp to the box.
- Screw from the inside of the box with pre-drilled holes and countersink the 3 screws.
- Repeat for two sideboards and bottom board.
- Rotate box 180 degrees and attach the trim on panel "A" and repeat the first step.
- Flip box 90 degrees and attach the "B" panel (see fig.5).
- Flip 180 degrees and attach last panel to the box.

Top and bottom

- The 3" trim will extend 1 1/2" past the edge of the lid panel
- Start with top strip, glue and screw it, then attach the two side strips then the bottom piece. Allow glue to set
- Meanwhile, cut some 2" pine and glue and screw it on the bottom of the pine panels to support the bottom panel.
- Drop in the bottom panel from the top, glue and screw from the bottom.
- Cut 4 3" square blocks and attach to each corner allowing wheels to be fixed to the box.
- Cut the quarter round molding to the bottom edge of the box and glue in place.
- Cut the molding and run it down the inside corners up to 3/4" from the top.
- Uncovered screw holes should be filled with wood filler and give the whole thing a thorough sanding.

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Accents of orange pop off crisp white and espresso neutrals at Toronto's Thompson Hotel. THOMPSON.COM

Style your home after design-savvy Thompson Hotel

Hotel chic. Pops of colour and organic lines make comfortable style

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The Thompson Toronto is Thompson Hotel's first international property outside the United States and opened two years ago in the King West Village, connected to the entertainment and financial areas, and walking distance to the Toronto island airport.

Designed with signature crisp lines by New York design firm Studio Gaia, the hotel's 102 guest rooms feature classic dark wood floors, cool white walls, organic and mid-century modern furnishings along with bright pops of fashionable orange. The look has now become synonymous with chic condo buildings around the country's largest city.

The rooms are crisp, modern and resemble oversized condo living with large windows boasting city views.

Lifestyle amenities include a rooftop lounge and pool area — the first of its kind in Toronto. Recreating the Thompson look is easy. Keep it clean-lined with neutral tones while adding a pop of colour such as orange, purple or turquoise. Here are a few affordable 'Thompson-esque' products to help you get this look in your own abode.

Super-charged with colour and easy-to-care-for bedding adds style for less. Karit blanket and pillow cover, $50, Ikea.ca

Useful yet trendsetting in orange makes for the perfect lamp. Carpenter Lamp, $80, CB2.com

Industrial legs with natural bone top gives a high-end contemporary look. Bone Side Table, $239, WestElm.com

Modern, chunky designs add a timeless feel with natural wood. Ronan Two Drawer Nightstand, $380, CrateAndBarrel.com

Lanark tower

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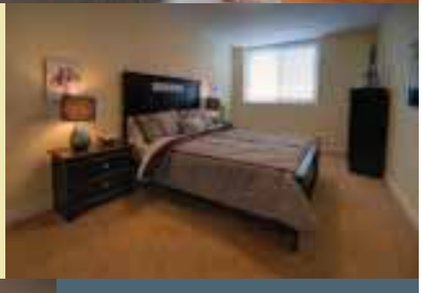

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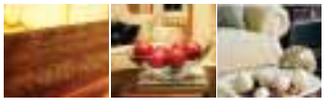

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SPORTS

Federer back in familiar spot at Wimbledon

Roger Federer at Wimbledon on Wednesday. CLIVE ROSE/GETTY IMAGES

After curling in a 102-mph ace to grab a two-set lead a mere 56 minutes into his Wimbledon quarter-final Wednesday, Roger Federer casually pulled an extra tennis ball from his pocket and strolled to sit in his changeover chair for a sip to drink.

No fist pump. No yell of excitement. No energized jog to the sideline.

There still was work to be done; nothing to be taken for granted. Motivated by the bitter memory of quarter-final losses at the All England Club the past two years, the six-time Wimbledon champion Federer bullied 26th-seeded Mikhail Youzhny of Russia 6-1, 6-2, 6-2 to reach his record 32nd career Grand Slam semifinal.

"Feels great being back in the semis.... Haven't been here in the last couple years," the third-seeded Federer said. "So this is nice, to be back to a place where I've been so many times before."

He'll face a familiar foe Friday: No. 1 Novak Djokovic, the defending champion, who didn't have too much trouble beating No. 31 Florian Mayer of Germany 6-4, 6-1, 6-4 in the quarter-finals.

THE ASSOCIATED PRESS

Britain's hope

No. 4 seed Andy Murray of Scotland smacked his 18th ace on match point to finish off No. 7 David Ferrer of Spain 6-7 (5), 7-6 (6), 6-4, 7-6 (4) Wednesday, setting up a tilt with Jo-Wilfried Tsonga on Friday in the semifinals.

Destination Minnesota

NHL. 'Great day in the history' of Wild as Parise, Suter announce free-agency decisions

Ryan Suter and Zach Parise celebrate a Team USA goal at the Winter Olympics in Vancouver in February 2010. HARRY HOW/GETTY IMAGES

The Minnesota Wild were a starless team in need of a big-time jolt to get the franchise back to the point of being worthy of playing in "the State of Hockey."

The jolts don't come any bigger than this.

The Wild landed not one but both of the NHL's top prizes in free agency, signing forward Zach Parise and defenceman Ryan Suter on Wednesday. Each deal is for 13 years and $98 million, according to three people familiar with the contracts who spoke to The Associated Press on condition of anonymity because the team did not release details.

"WE GOT 'EM!" the Wild announced on their Twitter account early Wednesday afternoon, sending shockwaves across the league and through a devoted fan base that was starting to show signs of apathy after missing the playoffs for a fourth straight season.

Parise, the former New Jersey Devils playmaker, and Suter, who paired with Shea Weber on the Nashville blueline, were regarded the cream of what was a thin free agent crop, and each had spent the past four days poring over numerous offers from several teams before making a decision.

"This is a great day in the history of the Minnesota Wild," GM Chuck Fletcher said in a conference call.

Maybe THE greatest. The Wild have had a relatively nondescript existence aside from one stirring run to the Western Conference finals in their second season.

Parise knows the history well, having grown up in the Twin Cities. So he recruited his friend Suter to come help out the hometown team.

"We kept in touch throughout this whole thing and we decided that we thought for both of us that the best fit would be Minnesota," Parise said in a conference call. "We're excited that it worked out and we get a chance to play with each other."

One person said that even the breakdown of the contracts is exactly the same, with both players getting $12 million in each of the first two years. The deals then go down in value, with each player making $1 million in both 2023-24 and 2024-25.

And it's a relative homecoming for Suter, who is from Wisconsin, as well.

"It came down to where I felt my family would like to live," Suter said. "My wife's from Bloomington, Minnesota. That had a lot to do with it. Minnesota has a lot of good young players that I think will help make this team successful." THE ASSOCIATED PRESS

Quoted

"I don't think you ever go in assuming you're going to land both of them. We shot for the moon, and we tried our best."

Chuck Fletcher, Minnesota Wild GM.

Baseball

Goldeyes crumble in eighth wasting great start from Ace

Just like the night before, it took the Winnipeg Goldeyes and Fargo-Moorhead RedHawks a while to heat up offensively on a warm night at Shaw Park. And just like the night before, the hometown Fish bobbled a late lead, losing 5-3 and dropping to 26-18 on the year. Goldeyes starter Ace Walker put together a great start, tossing seven innings of three hit ball, with a walk and three strikeouts. Billy Spottiswood took over for Walker with a 3-1 lead in the eighth, but the middle-reliever barely lasted a third of an inning taking his first loss of the year.

DARRIN BAUMING/FOR METRO

On the web

Spain's second-straight European championship win only solidified its spot atop the FIFA world rankings, as expected. But a surge in points from other European teams has pushed some traditional powerhouses from around the world down the ranks. Scan the code for the story.

NBA. Raptors, Knicks spurned as Nash free agency saga takes Hollywood turn

Steve Nash GETTY IMAGES FILE

And in the end, it was neither the Knicks nor the Raptors who won the Steve Nash sweepstakes.

The 38-year-old point guard's agent says the two-time NBA MVP is going to the Los Angeles Lakers in a sign-and-trade deal with their bitter rivals the Phoenix Suns. If that's how it turns out — and no deals can be signed until July 11 — it will end one of the more drawn out free agency sagas of the past few years and one in which the Raptors were firmly involved in until eventually being rebuffed.

Bill Duffy says his client agreed to a three-year, $27 million US contract. In return, the Suns get four draft picks — first rounders in 2013 and 2015 and second rounders in 2013 and 2014.

It will be a huge blow to the New York Knicks, who were seemingly close to adding Nash in the middle of the day, and to the Raptors, who took their best shot at signing the most significant free agent from another team in franchise history.

TORSTAR NEWS SERVICE/ THE ASSOCIATED PRESS

NHL

Jets add depth in crease with Montoya signing

The Winnipeg Jets announced the signing goaltender Al Montoya on Wednesday.

The 27-year-old Montoya played in 31 games with the New York Islanders last season, posting a 9-11-5 record with a 3.11 goals-against average and a .893 save percentage.

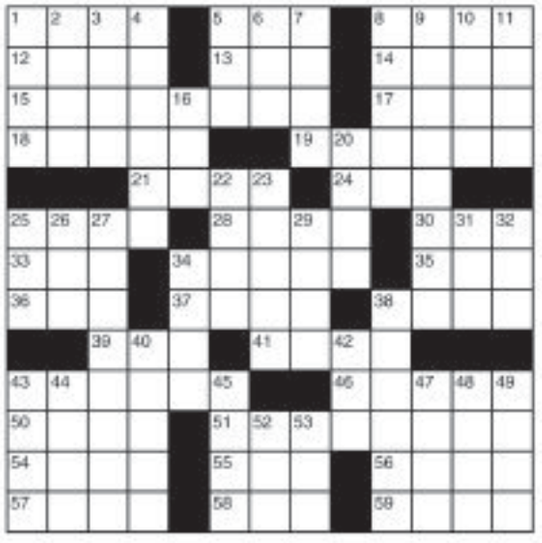
In 57 career NHL games with the Islanders and Phoenix, the Chicago native has a 21-17-10 career record, with a 2.76 GAA and a .906 save percentage.

Al Montoya GETTY IMAGES FILE

Montoya was originally drafted by the New York Rangers in the first round, sixth overall, in the 2004 NHL Draft. THE CANADIAN PRESS

Across
1 Curved lines
5 Foundation
8 Dame Myra at the piano
12 Basketball hardware
13 Candle tally
14 European capital
15 Alienate
17 On
18 Small plateaus
19 Entitlements
21 Capri, e.g.
24 Turn blue?
25 Existed
28 Tennis legend Arthur
30 Danson or Koppel
33 Type measures
34 Sen. Kefauver
35 George's brother
36 Eccentric
37 Teeny bit
38 Con game
39 Scull prop
41 Heap
43 Revolutionary War traitor
46 Goof-up
50 Poker holding
51 Rough calculation
54 Expectorated
55 Shelter
56 "Ars Amatoria" poet
57 Sicilian spouter
58 Actress Thompson
59 Capone adversary

Down
1 Attention-getting sound
2 Kennedy matriarch
3 Barracks array
4 Ankle woe
5 Prohibition
6 Heckler's missile
7 Antelope's playmate
8 Songwriter Carmichael
9 Appreciative of beauty (Var.)
10 Coin aperture
11 Bribes
16 Fool
20 Mid-month date
22 Ultimate
23 Bar legally
25 Stein or Stiller
26 Ostrich's kin
27 Tallinn dweller
29 Half (Pref.)
31 Mound stat
32 Flow blocker
34 Count counterpart
38 Preacher's speech
40 Heart line?
42 Luau souvenir
43 Basilica section
44 Engrossed
45 Farmer's place
47 Big dance party
48 He gave us a lift
49 Ohio nine
52 Witness
53 Mad Hatter's quaff



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

				4		1	9	3
6	3		5	2			8	
						6		
			4					1
5	9		3		6		4	7
8					5			
		7						
	8			1	3		7	2
3	5	2		6				

Yesterday's Sudoku

6	3	5	9	7	2	8	4	1
9	4	7	1	6	8	2	3	5
8	2	1	5	4	3	6	9	7
7	9	4	3	2	5	1	8	6
5	8	2	6	1	9	4	7	3
3	1	6	4	8	7	5	2	9
2	6	8	7	3	1	9	5	4
1	7	9	8	5	4	3	6	2
4	5	3	2	9	6	7	1	8

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SFA RHJ EWUNWDW MGFM FSMHQ OFSV OJKM WCBUHRWP F UNDW-NA GHJKWVWWBWQ MH EW GNK UWCCHA FNPW?

Yesterday's Cryptoquip: IF YOU ARE SHREDDING PAPERS IN A CRAZY FRENZY, SOME PEOPLE MIGHT CLAIM YOU'RE ON A TEAR.

Today's Cryptoquip Clue: M equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TODAY	FRIDAY	SATURDAY
MAX: 28° MIN: 15°	MAX: 29° MIN: 15°	MAX: 32° MIN: 16°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Horoscope

♈ Aries | March 21 - April 20. You will get what you want just when you want it today and will overcome your rivals with ease.
♉ Taurus | April 21 - May 21. Be clear in your mind what needs to be done and do it now, this very moment – not at some ill-defined date in the future.
♊ Gemini | May 22 - June 20. Before you go sticking your nose in other people's business today you would do well to remember that the most productive changes you can make are to your own affairs.
♋ Cancer | June 21 - July 22. You are determined to prove you have what it takes but don't go too far and risk turning people against you
♌ Leo | July 23 - Aug. 22. If there are things in your life that you want to improve, now is the time to identify them and prepare yourself for the changes you will have to make.
♍ Virgo | Aug. 23 - Sept. 22. Because you are a creature of habit you don't like to rock the boat, but the planets are now urging you to try something different, even if it means turning others against you
♎ Libra | Sept. 23 - Oct. 22. If you see something you desire today you must seize it for yourself before your rivals beat you to it.
♏ Scorpio | Oct. 23 - Nov. 21. Try not to feel too hard done by if an authority figure forces you to change what you are doing today because in the long-term you will benefit in ways you cannot yet see
♐ Sagittarius | Nov. 22 - Dec. 21. This will be one of those days when everything goes right without much of an effort but that is not an excuse to sit back and do nothing
♑ Capricorn | Dec. 22 - Jan 20. Take upheavals in your stride today and refuse to get annoyed when things don't work out the way you expected.
♒ Aquarius | Jan. 21 - Feb 18. You will have to let a friend or colleague down today and it may not do your relationship a lot of good
♓ Pisces | Feb. 19 - March 20. Ignore what everyone else is doing and do only what feels right to you. Come the weekend it will be apparent that you were right and they were wrong but try not to gloat about it – too much.

SALLY BROMPTON

Caption Contest

"You're not from around here, are you kid?"
Megan

ELISE AMENDOLA/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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